

### **Abstract of the Disclosure**

A body board, or sports board, for recreational activities on snow or on water is disclosed. The board has a foam core, a binding layer laminated on top of one surface of the foam core, a printed graphics layer laminated on top of the binding layer and a clear protection layer laminated on top of the printed graphics layer. On the bottom surface of the board, the foam core can have a bottom foam layer applied thereto and a slick skin applied onto the outside of the bottom foam layer. The bottom surface can also have the graphics layer and binding layer applied between the bottom foam layer and the slick skin to provide an additional graphics side.